



Parent Physical Activity Log



Week 5	Activity	# of Minutes	Week 6	Activity	# of Minutes
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

Week 7	Activity	# of Minutes	Week 8	Activity	# of Minutes
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

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For more information on the Promoting Lifetime Activity for Youth Program contact:
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Brittney B. Well presents the News for Parents



Promoting Lifetime Activity for Youth

The Arizona Department of Health Services and your local County Health Department are working with your school to implement a physical activity program called Promoting Lifetime Activity for Youth, a teacher- directed program for 4th-8th grade students provided to schools at no cost.

Physical activity builds a great foundation for a healthy life.

- ◆ To stay healthy children need at least 60 minutes of moderate to vigorous physical activity most days of the week.
- ◆ By participating in the program, students learn the importance of daily physical activity and associated health benefits and play simple games that show how activity can be fun for everyone.



What teachers are saying about



- “Students learn social skills and are more refreshed after Promoting Lifetime Activity for Youth breaks.”
- “Students spend a great deal of time sitting in desks during a school day. The activity breaks work like magic to help students to refocus and increase their concentration.”
- “The breaks help increase positive classroom interaction and team-building.”
- “The program motivates students to behave in class and thus helps with discipline.”

Inside This Issue:

- ◆ Physical activity is a family affair!
- ◆ Parent physical activity log
- ◆ Did you know that physical activity can....
- ◆ Active Family Fun

Make Your Move and Eat Right

Peanut Butter Fruit Dip

1/2 cup creamy peanut butter
1/4 cup 100% orange juice concentrate, thawed
1/2 cup plain low fat yogurt
6 pieces of medium-sized fruit (try apples, bananas, pears)

1. Using an electric mixer, beat together all ingredients until fluffy.
2. Cover and chill.
3. Serve with assorted fresh fruit in season.
4. Refrigerate when not using. Serves 6.

Nutrition information per serving: Calories, 191; carbohydrate, 33 g; protein, 5 g; fat, 6 g; saturated fat, 1 g; cholesterol, 1 mg; fiber, 4 g; sodium, 65 mg; percent calories from fat, 28%. Recipe from Public Health of Delta and Menominee counties.

How many hours a day does the average child spend using electronic devices (TV, Computers, video games)?
4-7 hours.

Physical activity is a family affair!

When parents are active, children are more likely to be active and stay active when they become adults.

- Encourage your family members to take part in physical activity programs and recreational activities. It is the best way to build healthy habits when children are young.
- Limit TV time. Make sure your kids watch no more than 1-2 hours of TV a day.
- Create physical activity opportunities. At least once a week look for a new way to make activity fun. Try dancing together to your favorite music; marching in place during TV commercials; washing the family car together; stretch together before breakfast.

Active Family Fun

Walk and Talk: Instead of sitting at home, take a walk and talk about your child's day. You can even do homework by practicing spelling words and multiplication tables! Make family activity part of your weekly routine.

Plan a Family Activity Adventure: Try hiking on an urban or rural trail, biking to visit friends and family or to the park, swimming at the community pool or going to the zoo.

Household Jobs: Encourage your kids to help out around the house. You will be teaching them responsibility while helping them become active. Let them know that they can get plenty of physical activity by washing the car, walking the dog, vacuuming, raking leaves or many other chores. You can be creative and make a game of the work.

Indoor Fun: Make a space where kids can roll, jump, dance and tumble.

Traveling Locker Room: Put a box in the trunk of the family car that holds balls, a jump rope, Frisbee, kite and other active toys so that you will always be ready for active fun.

Did you know that physical activity can:

- Help children to be more alert and energetic, which improves their capacity to learn.
- Increase self-esteem.
- Help kids handle stress.
- Build and maintain healthy bones, muscles and joints.
- Reduce anxiety and depression.
- Help control weight.

YOUR CHILD CAN EARN A PRESIDENTIAL AWARD

Your child's classroom will be participating in the Promoting Lifetime Activity for Youth program for at least twelve weeks. Each student will be keeping a written daily log of the physical activities they participate in. If they are active for at least 60 minutes, at least 5 of the 7 days of the week for at least 6 weeks they can earn the President's Active Lifestyle Award. You can help your child achieve the award by encouraging them to be active every day.

What are two easy ways to keep your kids healthy?

Participate in at least 60 minutes of physical activity and eat 5-9 servings of fruits and vegetables every day.

You too can reap the benefits by participating in physical activity. Adults need at least 30 minutes of activity most days of the week. Keep track and keep up with your kids! Log your activity below.



Parent Physical Activity Log



Week 1	Activity	# of Minutes	Week 2	Activity	# of Minutes
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

Week 3	Activity	# of Minutes	Week 4	Activity	# of Minutes
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		